

the body, and which raises the suffering to an intensity that is perhaps not excelled by that of any kind of sickness. When reducing the drug it is well to appreciate that small doses relieve the suffering nearly as much as large ones, so that in a rapid reduction method when large doses have previously been taken, considerable diminution can be made each day until a daily amount of one and a half or two grains is reached. The reduction should then be made much more gradual. An important principle to note is that the patient should be allowed to recover from each reduction before another is made. To relieve the general and intense feeling of uneasiness and pains in the limbs, the best remedy is frequent hot baths. The mixed bromides are very good but bromism should never be produced. Of the tonics, quinine, nux vomica and strychnine are the best. Rest in bed and daily massage are beneficial. When the patient has stopped the drug, and does not suffer without it, cure is still far from complete. It is necessary to give the patient a thoroughly normal environment which, acting unconsciously over a long period, without a hint of the end for which it works, will enable the person to change the morbid fashion of his thought and regain the habits of sanity. These people are men in rights and privileges, but they are children in impulse and unregulated lives. JELLIFFE.

ZUR OPIUM-BROM-CUR NACH FLECHSIG (Ziehen'sche Modification). (Ziehen's Modification of Flechsig's Treatment). E. Mayer and C. Wickel (Berl. klin. Wochenschr., Nov. 26, 1900).

By reason of the very contradictory results reported in regard to Flechsig's treatment for epilepsy, the authors, who represent the psychiatric clinic of Professor Siemerling of Tübingen, have recently made use of Ziehen's modification of the opium-bromide treatment. The method of Ziehen requires that all patients, irrespective of earlier treatment should begin with 0.05 gm. powdered opium three times daily. On the third day 0.01 gm. is given, on the fifth day 0.02 gm., and so on until the 51st day the patient should be taking the maximum dose of 0.9 gm. once a day (instead of three times a day). This one large dose marks the end of the opium treatment, and the patient is then placed abruptly on 6 gm. of mixed bromides. On the second day of the bromide period, or 53rd day, altogether 6 gms. are given again; on the 3rd and 4th day 7 gms. each; on the 5th and 6th, 8 gms. each, in three daily doses. The diet is simple and chlorhydric acid is given after meals. Apparently the daily dose is continued at 9 gms. without further increase. During the opium period the patient takes cool baths, at first of ten minutes duration, decreased slowly, the bath water also being made cooler each day for a week; this period of increase lasts 8 days, and the patient then begins anew. The initial baths are given at 24 R. and last 10 minutes, so that at the end of a week, the duration is three minutes and the temperature 17 R. This limit is maintained for another 8 days. Next is a period of 8 days with a temperature of 17 R. and 4 minutes; then others at 5 and 6 minutes respectively, until the bromide period is reached. The baths are now suspended for 8 days, and then begun at 24 R. and 10 minutes.

Other features of Ziehen's management are weighing the patient every third day, and the maintenance of ulvine action by abdominal massage and enemata. The present authors repeat a number of cases treated by this method. Some of their conclusions are as follows:

They find in the first place, as Ziehen did, that an unsatisfactory condition of nutrition is a contraindication, as a rapid loss of weight ensues. The large doses of bromide which are required by the treatment, may produce mental confusion, as happened in one of the authors' series. There was some tendency to disturbance of the digestive organs, although in but one did serious symptoms like anorexia and vomiting develop. Sensations of weariness and somnolence at the height of the opium period were regarded as inevitable. Despite tendencies of this sort, the patients had as a rule good appetites throughout, and looked extremely well, which with the disposition to take on flesh was attributed to the cold baths.

In regard to the effect of Ziehen's method on the epilepsy itself, the first part of the opium period did not show much improvement. In the latter portion of the bromide period there was distinct improvement, and during the bromide period complete cessation of the attacks. Not only the convulsions proper, but the psychical disturbances were benefited. It was common for the patients to say that they had never before felt as well. It is important to persist in the use of the bromide after the cessation of the attacks. The authors advise 8 gms. daily for at least a year, together with the diet and other measures under which the symptoms of epilepsy had been brought to a standstill. The authors indorse Ziehen's method, because it both diminishes the attacks and improves the patients' general health. [One asks what is the rationale of the opium-bromide treatment? The answer appears to be the strict diet, which is an integral part of Ziehen's management, is notably poor in salt, and thus suggests Toulouse's hypochlorisation. This fact in the light of Toulouse's researches, may explain some of the efficacy of the method.]

CLARKE.

CHLORETONE. A. A. Stevens (N. Y. Medical Journal, Feb. 23, 1901).

The author believes that chloretone is a valuable hypnotic in doses of ten to twenty grains. It acts within a half to an hour, and seldom causes any ill effect either upon the stomach, the heart or general condition. When used continuously it loses its power, and in insomnia due to pain it is valueless. In mental excitement it is of less value than hyoscine or paraldehyde, and is not successful when the fever is above 102° to 103° F.

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